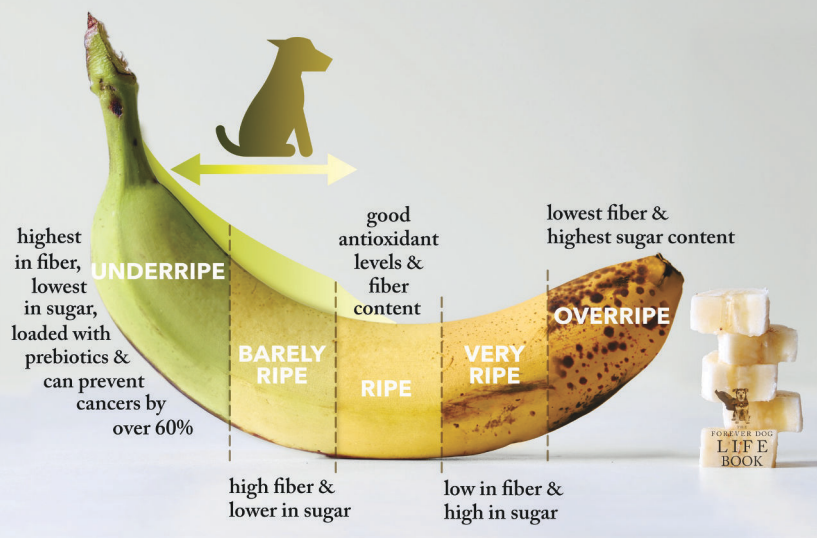


Bananas are Wonderful & Nutritious for Man's Best Friend, but WHEN Should You Feed Them for THE Best Benefits?

WHEN TO FEED YOUR DOG A BANANA?



K9 Body Language 101: The Adorable Head Tilt

While our dogs seem to understand much of what we say, their natural communication is quite different from ours. To nurture and support a tight bond with your pooch, it's crucial to understand what they are saying through their **body language**.

While humans tend to be more vocal, your dog relies more on ancient body language in their day-to-day interactions, from happiness to fear, from being relaxed to showing dominance or submission. Our overall bond with these canines who intimately share our lives is only as good as our understanding of their natural body language through their:

- ♥ Tail.
- ♥ Eyes and ears.
- ♥ Mouth; and
- ♥ Other parts of their body.

Join us on this year-long journey as we explore how K9s express themselves with the help of experts such as the late Dr. Sophia Yin, illustrator Lili Chin, and Dr. Karen Becker.

So why the cute head tilt from our furry pal? Are they trying to entertain us? Or is there a better explanation behind it? This adorable tilt of the head usually means your dog is fully focusing their attention on a meaningful sound (like a whistle) or a favorite word or phrase they know (and like) such as "treat" or "let's go for a walk." What gets your dog to tilt their head at you?



Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

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Honey is More than Just Sweet

For thousands of years, honey has been used for basic wound care in both humans and animals. This natural product is highly anti-microbial and anti-inflammatory and can help open wounds prevent or eliminate unwanted bacterial infections with its antibiotic properties, while also reducing swelling, keeping the wound moist and speeding healing.

While any honey will work, **medical-grade Manuka Honey** is the best. Thanks to the bees of New Zealand and Australia pollinating the small white flowers of the Manuka tree (aka tea tree), this honey provides the most protection with its powerful components.

Make sure this honey is in your pet's First Aid Kit!



Banana & Honey Dog Treats

If you have very ripe or overripe bananas make this easy recipe for nutritious treats with all-natural ingredients **your dog will beg for!**

- ~ 1 ripe banana, mashed
- ~ 1 tablespoon honey
- ~ 1 egg
- ~ 2 cups whole wheat flour
- ~ 1/2 cup rolled oats
- ~ 1/4 cup unsweetened applesauce for extra moisture (**if needed**)

Preheat your oven to 325°F (165°C) and line a baking sheet with parchment paper.

Mash the banana in a bowl until smooth. Add in the honey, egg, and applesauce (if needed), and mix until well combined.

Add the flour and oats, stirring until a dough forms. If it's too sticky, add a bit more flour. (If it's too dry, add some applesauce.)

Roll out the dough on a lightly floured surface to about 1/4-inch thickness. Cut the biscuits into shapes using your favorite cookie cutter and place them on the lined baking sheet.

Bake for 20-25 minutes or until golden brown and firm to the touch.

Cool completely before serving to your dog. Store any leftovers in an airtight container.

(Recipe Courtesy of MyDogRecipe.com)